



















MAY Fitness Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|
|  | STRENGTH 6-7am | BYOB:Bring your own ball | STRENGTH 6-7am |   | SPIN 815-9am |
| | BALL 830-9am |  | BALL 830-9am | |  |
| | EASY DOES IT FIT PARTY 9-10AM | | TOTAL BODY 930-1030am | EASY DOES IT STRENGTH 9-10AM | |
| STEP/SCULPT 930-1030am |  |  | EASY DOES IT ZUMBA GOLD 1035-1135am | EASY DOES IT TAI CHI 1035-1135am | |
| EASY DOES IT HII-LO 1035-1135am | | | EASY DOES IT CHAIR/MAT 1035-1135am | EASY DOES IT STRENGTH 1035-1135am | CLIMBING WALL 4-8pm |
| CLIMBING WALL 4-8pm | CLIMBING WALL 4-8pm | CLIMBING WALL 4-8pm | CLIMBING WALL 4-8pm | CLIMBING WALL 4-8pm | |
|  CHILDCARE 530-845pm Conference Room | CHILDCARE 530-845pm (Preschool Room) | CHILDCARE 530-845pm Conference Room | CHILDCARE 530-845pm Conference Room |  | |
|  YOGA 6-7pm (Preschool Room) |  530-615pm |  SUPER STEP 530-630pm | ABC'S 530-630pm (Preschool Room) |  | |
| | | | | STEP/WEIGHTS 530-630pm | SPII 530-615pm |
| WERQ 6:30-7:30pm | STRENGTH 630-730PM |  PIYO 7-8PM (Preschool Room) | WERQ 6:30-7:30pm |  | |
|  |  | | BARRE 730-815pm | ZUMBA 730-830pm |  |
| | | | ZUMBA 730-830pm | | |